



Prime Time News

July 2016

Fitchburg Senior Center
Volume VI Issue 7

Look Ahead

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"Like Us"

On Facebook!

Fitchburg Senior
Center, WI

Closed July 4th

Why We Love The Packers! Take a trip back in time with more than 300 photos of Green Bay Packer history, all the way back to 1919! August 30, 12:30 p.m.

Newsletter Changes Possible For 2017—Please Read

Over the last two years the cost to mail the newsletter by Post has increased dramatically. The mailing subscriber list continues to decline due to people either picking up the newsletter from various locations (i.e. Senior Center and Library) or accessing it online. If you have an opinion on whether the newsletter should continue to be mailed, please call us at 270-4290.

Wednesday Nite @ the Lab is Back

Join Facilitator Judith Hirsch on Thursday, July 21 at 1:00 p.m. as she shares several videos discussing the latest research on Alzheimer's Disease. A discussion will follow the videos.

Fitchburg Senior Center Energy Task Force Team

What can we do for you? Volunteers can make simple but effective changes in your home: changing furnace filters, cleaning refrigerator coils, no throw-away light bulbs and batteries.

Reminder calls! We can make reminder calls to you when it's time to replace that furnace filter or when it's time for the team to clean the refrigerator coils—don't pass this option up!

Is there a cost? No; however, donations are welcomed and appreciated. Call to make an appointment today. 270-4292

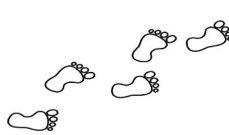
Form of Photo ID to Vote

Do you have the right form of photo ID to vote? If you are not sure, then stop by the Senior Center on Thursday, July 21 from 1:00 p.m.-2:00 p.m. where a volunteer from the League of Women Voters will be happy to look over your current ID and talk to you about the new requirements. No appointment necessary. Information on permanent absentee ballots also available. The next opportunity to vote will be at the August 9 Partisan Primary.

New Offerings For You!

P.2

The RETIREE REBELS are back

 Join the discussion about the
NEXT STEP(s):
Reinventing Your Life in

Retirement

For the Nearly-and-Newly retired, putting one foot in front of the other can be challenging, confusing, scary and exciting, all at the same time!

Carol Larson and Mary Helen Conroy return to the Fitchburg Sr. Ctr. to lead three discussions.

ASKING

“What are the next steps in your reinvention?”
Come to one, or come to all three gatherings.
We will be using the tools of Review, Retreat
and Reinvention to help you find your next
steps.

Tuesday, JULY 12, 2016 at 10:30 a.m.

Tuesday, AUGUST 9, 2016 at 10:30 a.m.

Registration recommended. Call 270-4290.

Golf Cart Ride Coming in August!



Details still being worked out, but we can tell you we will be taking the Military Ridge Bike Trail from Verona to Mt. Horeb this year! Date/Time TBD.

Bike & Pickleball

The bike club will meet at the Senior Center every Wednesday at 10:00 a.m. Routes will vary.

Outdoor Pickleball at the Swan Creek tennis courts every Thursday 9:00–11:00 a.m.

All levels—two courts.

Learning Annex—

Aldo Leopold Nature Center

Michael Strigel, Executive Director at the Aldo Leopold Nature Center, will give us background on the Aldo Leopold Nature Center in Madison - including goals and objectives plus current offerings and activities.

The Aldo Leopold Nature Center (ALNC) was established in 1994 as an independent, non-profit organization with the mission to provide innovative hands-on programs for children and their families and teachers that “...teach the student to see the land, to understand what he sees, and enjoy what he understands” in the spirit of famed ecologist Aldo Leopold.

ALNC is leading the way to ensure visitors of all ages and backgrounds have opportunities to connect with nature by offering positive and constructive learning opportunities that capture their interest, engage their senses and teach them to appreciate the interconnectedness of all living things.

Tuesday, July 19 at 2:00 p.m.

Ukulele Group

The Tuesday Uke group will continue to meet at 1:00 p.m. Players with some experience are welcomed. Please call Judy before coming to your first session: 608-514-3274.

Thursday afternoon intro/beginner group meets at 1:00 p.m. Emphasis on learning chords and simple songs.

Call 270-4290 to register for Thursday classes.

Groups

Men's Group

Join us for our next meeting on

Tuesday, July 12 at 2:00 p.m.

For more info log on to:

www.fitchburgseniorcenter.com

and click on Men's Group on the left side.

Active Women's Group Join us for our
next meeting on



Tues., July 26 at 2:00 p.m.

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:

www.fitchburgseniorcenter.com

and click on Active Women's Group.

Couples Dinner Group

The Fitchburg Couples Group will be dining
Tuesday, July 19 at The Imperial Garden in Mid-
dleton, at 5:00 p.m. Cocktails and/or conversa-
tion followed by dinner at 5:30 p.m.

We have a private room for this dinner.

If you are not part of the Fitchburg couples group
and would like to be added, call Bev Davis at
608-467-3990.

Tech

Did You Know.....

There are many ways to connect to
Senior Center programming. Here are the ways
to find us: Fitchburg Senior Center, Fitchburg
Pickleball, Seniors Dig Tech—all on Facebook!

Want something more direct?

Visit us at: [http://www.fitchburgwi.gov/621/
Senior-Center](http://www.fitchburgwi.gov/621/Senior-Center)

All of our information is at your fingertips.

Give it a try!

Find us on Facebook



SENIORS DIG TECH

Contact: David Hill (608)270-4292
david.hill@fitchburgwi.gov

Get the latest updates on tech trends that apply
to you!
Missed one of David's tech classes? You can find
it in full replay on this page!

Over-The-Air TV + Roku Box ****Live Demo****

Ok, we have talked about how wonderful
over-the-air free TV is with an antenna, cou-
pled with a Roku Box or Smart TV. This
class will provide you with a live hands-on
demo. Join David Hill as he programs a TV
for free stations and introduces you to
Netflix & Hulu through his own Roku Box.
You will also learn about all the new stream-
ing apps that are coming out everyday! This
class will fill fast, so please call right away to
reserve your spot. 270-4290.

Wednesday, July 27 at 10:30 a.m.



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Congrats to Georgia Ascher—winner
of the TV/Roku, Housing Expo
Grand Prize!



Art



Drawing & Painting Workshop W/ Mary McCormick-Wixon

Need a place to work on your drawings or paintings?
Need help with techniques or composition? Like to
work with other like-minded artist? Would you like
to work in a 2-D medium that is non-toxic and odor-
less? If so, please join us! July 5,12,19 and August
2,9 and 16.

Pay for 4-7 classes—\$18 each. Per class—\$20.

Tuesdays from 1:00-4:00 p.m.

Call 270-4290 to register and pay.

Travel

Extended Travel opportunities:

Check out the new tours for 2017! Brochures
are available in the wall travel display racks lo-
cated on the ground floor across from the re-
ceptionist desk. Trips include Nova Scotia, the
California coast line via train, and the Herit-
age of America tour highlighted below.

Highlights of the Collette Heritage of America
tour includes historic destinations in:
Gettysburg, Lancaster, Charlottesville and
colonial Williamsburg, New York City,
Philadelphia and Washington, D.C.

Tour is 10 days leaving on **April 29, 2017**. Cost:
Double \$2,999; Single \$3,999. Flight leaves
from Madison. Earn \$150 per person discount
with early registration.

There are still seats available for the Mayflower
Motor coach tour Arkansas **Autumn Foliage**,
October 4-9.

The annual Travel Show is scheduled for Sep-
tember 29 from 2:00-4:00 p.m. in the Fitchburg
Senior Center Dining Room. Come and hear
details from the travel company reps about the
trips planned for 2017!

Questions or information requests can be sent
to Judy Broad at JBST@Charter.net or by
phone 271-9077.



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Cards With Katie

Join us for an afternoon of paper crafting on
Monday, July 11 at 1:00 p.m. Stamp - cut - punch
- glue - and have fun playing with paper. For more
details go to www.StampLadyKatie.com or log on to
the Senior Center webpage.

Cost \$11.50.

Payment due to the Senior Center one week
prior to class. You must call 270-4290 to register.





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diane@dilletcompany.com
www.dilletcompany.com

Book Clubs



REACH Book Club

We will be taking a break during the months of July and August. Books for the coming year were chosen at the June meeting. We will resume on September 8, 2016 with a discussion of the book, *The Lowland* by Hhumpa Lahiri.

Other selections for the year are:

October: *The Language of Flowers* by Vanessa Diffenbaugh

November: *All Girl Filling Station's Last Reunion* by Fannie Flagg

December: *Gift from the Sea* by Anne Morrow Lindbergh (Classic)

January: *In the Lake of the Woods* by Tim O'Brien

February: *Leaving Time* by Jodi Picoult

March: *Station Eleven* by Emily St. John

April: *The Kitchen House* by Kathleen Grissom

May: *The Children's Blizzard* by David Laskin

June: Choose books for the next year

Be sure to save this list for future reference.

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m.

Mystery Book Club



The *I Love a Mystery Book Club* will meet on Thursday, July 28, 2016 at 1:30 p.m. at the Fitchburg Senior Center. (the 4th Thursday). We will discuss the book, *The Thin Woman* by Dorothy Cannell. A good cozy British mystery. Romance, suspense, danger, treasure hunting - this book has a little of everything. Oh, and the main character is overweight and longs to be thin - she seems real.

Fire Protection

50 Smoke Alarms Awarded

The Fitchburg Fire Department was awarded 50 smoke alarms through the WisSafe Education Committee. The alarms will be installed this July and August into homes of seniors who live in Fitchburg. If you would like to participate, you must: reside in Fitchburg and live in the house where the alarm will be installed. One entry per address. The deadline is 5:00 p.m. on July 18. Random selection will be done and you will be contacted if you win!

Call 270-4290 to sign up today.

Openings!

DIRECTOR VACANCIES

Fitchburg Senior Center Friends

Have you ever wanted to get more involved at the Senior Center? Here is your chance as the Fitchburg Senior Center Friends (FSCF) will be filling several vacant director positions in October. For more information and an application, contact Jill McHone 270-4291 or Bob Hillner 274-2891 or email at restal57@gmail.com.

Thursdays 3 - 6

www.fitchburgmarket.com

May—October

SPECIAL EVENTS 2016
 Strawberry Fest ♦ June 16
 Kids Fest ♦ July 21
 Summer Fest ♦ August 18
 Fall Fest ♦ September 15

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Games/Movies & More

Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Ping Pong—Fri. 10:30 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Cribbage—looking for players—call.

\$20 Blackout Bingo!! July 14

Special sponsor:

Sylvan Crossings of Fitchburg

\$20 jackpot!

Game begins promptly at 12:30 p.m.



Don't Forget!

For weekly updates, visit our web page at
www.fitchburgwi.gov/621/Senior-Center

and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."



Movie Day— 45 Years

Fri. July 15 at 12:40 p.m. 95-minute run time. 97% Rotten Tomatoes rating and FREE popcorn!!!

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Exercise Opportunities

P.7

Ping Pong

Friday – 10:30 a.m. Play in matches, it's fun!
Call David at 270-4292 for more details



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

Yoga W/ Kurt—Summer Sessions



August 1,8,15,22&29. \$35—five weeks

Level one: 10:45 a.m.—12:00 p.m.

Level two: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.

Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$10 per month.



Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play 1:00-3:00 p.m. in the upper level.

Thursday Outdoor play at the Swan Creek tennis courts. 9:00—11:00 a.m. All levels—two courts! Learn more about places to play and meet others: www.madcitypickleball.com



Tai Chi



Tai Chi Thursdays

8:30 a.m.

Cost—\$2 drop-in.

Zumba Gold w/ Jackie

Next session starts Sept. 9 for eight weeks. \$50/drop-in \$7. 10:00-10:45 a.m. Call 270-4290 to register.



Dancing Update For Summer/Fall

Mike and Deb Moe will be offering dance lessons in the Fall, starting Sept 23, 2016. The first five weeks of lessons will be Waltz.

For more information call Mike & Deb at 608-655-3250 or email mmoea@aol.com.



Jim Krogstad LUTCF, CEBS
Owner

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Transportation Services P.8

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail

—Home Health United. Offered 2nd & 4th Wednesday of each month. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide 2 towels.

Pre and Diabetic Footcare

July 15

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure—

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month 10:30-11:30 a.m. No appt. needed.

Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290



Social Services

Senior Center Help

- ♦ Home visits
- ♦ Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
 - ♦ Insurance
- ♦ Medicare/Part D
 - ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

Caregiver Support

If you are caring for a loved one with dementia, you are not alone. Join us on Thursday, July 14 at 10:00 a.m.

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Class Registration/Payment

Class: _____

Name: _____

Address: _____

City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class. Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

2016 Newsletter Subscription \$10

Name: _____

Address: _____

City & Zip: _____

Phone: _____

The cost to have the *Prime Time*, the Senior Center's monthly newsletter, delivered to your home for the year 2016 is \$10. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. You can also pick up the newsletter for free or have it emailed to you. Call David for details.

Return to: 5510 E. Lacy Rd. Fitchburg, WI
53711



Scholarships totaling \$36.50 were awarded in May to help persons pay to participate in Fitchburg Senior Center programs.

An amount of \$570 was awarded to persons with special needs during the month of May.

This is another reminder to save the date of **September 22** for the Meet, Greet and Eat function sponsored by Fitchburg Senior Center Friends. The social committee continues to plan the event and is coming up with some very special activities and refreshments.

On nine different occasions in May and early June people attending the Fitchburg Senior Center were treated to freshly picked asparagus and rhubarb to take home and enjoy. Thank you to Eplegaarden for their generous donation of 455 pounds of asparagus and 118 pounds of rhubarb to the Fitchburg Senior Center. A special thanks to Bob Davis, who represented the FSC Friends by organizing and scheduling the harvests. Also, thank you to Dennis DeVaal for providing his truck to transport the goods to the Senior Center, for picking all nine times and taking responsibility for leading the picking on May 28. The following people also helped with the harvesting: Bob Davis-7 days, Sandy Ermis-6 days, Roxann Jensen-5 days, Bob Rottman-5 days, Lindy Bass-4 days, Mary Cochems-3 days, Mary DeVaal-3 days, Marcia Griskavich-3 days, Scotty Sheets-2 days, Judy Christie-1 day, and Floyd Ermis-1 day. Your efforts are much appreciated and you provided a lot of Fitchburg people with healthy and wholesome locally-grown produce that they otherwise would not have had.

Fitchburg Senior Center
5510 East Lacy Road
Fitchburg, WI 53711
608-270-4290

www.fitchburgwi.gov



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David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.



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Elder Law and Special Needs Planning



it's
JULY
is all!

2016

Senior Dining



Fellowship, Food & Fun

Salad Option Thursdays

(Salads are dine-in only)

7th - Garden

14th - Taco

21st - Chef

28th - Chicken Ranch

*Meal has pork product

Reservations must be made by 12:00 the day before by calling 270-4290

Friday 1

*BBQ Rib
Potato Salad
Bean Salad
Watermelon
Corn Bread
Sweet Potato Pie
V.O: Veggie Sausage

Monday 4



Closed

Tuesday 5

Meat Sauce over
Spaghetti Noodles
Buttered Peas
Apricots Half
Garlic Bread
VO-Soy Meat Sauce

Wednesday 6

Tomato Barley Soup
Crackers
*Ham & Swiss on
Croissant w/Lettuce
Apple
Cake
VO- Cheese on Rye

Thursday 7

*Roast Pork
w/Gravy
Mashed Potatoes
Buttered Corn
Fruit Cocktail
W.W. Bread
Pudding w
VO-Veggie Patty

Friday 8

Shrimp Pasta
German
Cucumbers
Banana
W.W. Bread
Ice Cream
VO-Pasta Salad w/Cheese

Monday 11

*Augratin Potatoes
w/Diced Ham
Mixed Vegetables
Fruit Cup
Rye Bread
Choc. Ice Cream
VO-Augratin w/Soy Meat

Tuesday 12

BBQ Chicken
Baked Potatoes
w/Sour Cream
Green Beans
Jell-O w/Fruit
Cocktail
W.W. Bread
VO- Potato w/Veggie Cheese Sauce

Wednesday 13

Swiss Steak
Brown Rice
Mixed Green w/Tomato
Peaches
W.W. Bread
Cookie
VO-Swiss Soy Mix over Rice

Thursday 14

Chicken Macaroni
Salad
Three Bean Salad
Fresh Orange
W.W. Roll
Lemon Dessert
VO-Pasta Salad w/Cheese

Friday 15

BBQ Rib
Potato Salad
Corn on Cob
Watermelon
Corn Bread
Sweet Potato Pie
V.O: Veggie Sausage

Monday 18

Breaded Fish
Potato Puffs
Broccoli
Mandarin Oranges
Multi Grain Bread
Cookie
VO- Black Bean Patty

Tuesday 19

American Chop
Suey
Brown Rice
Oriental Mix
W.W. Bread
Strawberry Shortcake
VO- Soy Chop Suey

Wednesday 20

Cheeseburger on
Bun w/Lettuce & Tomato
Pea Salad
Banana
Pie
VO- Egg Salad Sandwich

Thursday 21

Chicken Cacciatore
Egg Noodles
Brussel Sprouts
Peaches
Multi Grain Bread
Sherbet
VO-Soy Meat Sauce

Friday 22

*Meatloaf
Mashed Potatoes
Gravy
Tossed Salad
Pear Slices
W.W. Bread
VO-Veggie Patty

Monday 25

Sloppy Joe on Bun
Carrots
Coleslaw
Fruit Cup
Ice Cream
VO-Soy BBQ

Tuesday 26

Potato Beef
Casserole
Buttered Broccoli
Flowerets
Apple Juice
W.W. Bread/Marg.
Cherry Crisp
VO-Soy Noodle Cass.

Wednesday 27

Stuffed Green Pepper
Soup/Crackers
Turkey & Cheese on
Rye w/Lettuce/Tomato
Fresh Fruit
Cookie
VO-Meat Free Soup, Chees Sandwich

Thursday 28

*Ham Slice
Yams.
Green Beans
Banana
Multi Grain Bread
VO- Cheese Sandwich

Friday 29

Baked Fish
Brown Rice Pilaf
California Blend
Mandarin Oranges
W.W. Bread
Jello
VO- Rice Pilaf w/Soy

July 2016

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
<div><div><div>Jun 2016</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr></table></div><div><div>Aug 2016</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr></table></div></div>				M	T	W	T	F	S	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					1 8:30 AM Aerobics <u>10:00 AM Shop - Copps/Fish Hatchery</u> 10:00 AM Zumba 10:30 AM Ping Pong 11:00 AM F-Fitness 2:00 PM Scrabble
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4 CLOSED	5 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Target 12:45 PM Euchre 1:00 PM Mahjong	6 8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Group 11:00 AM F-Fitness 1:00 PM Bunko	7 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:00 AM FSC Friends 12:30 PM Bingo!! 1:00 PM Sheephead	8 10:00 AM Zumba 10:30 AM Ping Pong 2:00 PM Scrabble <u>NO Exercise Classes - Today Only</u>																																																																																				
11 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	12 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 2:00 PM Men's Group	13 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Group 11:00 AM F-Fitness 1:00 PM Bunko	14 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheephead 1:30 PM Book Club	15 8:30 AM Aerobics <u>10:00 AM Shop-Copps/Fish Hatchery</u> 10:00 AM Zumba 10:30 AM Ping Pong 11:00 AM F-Fitness <u>12:40 PM Movie Day</u> 2:00 PM Scrabble Diabetic Footcare																																																																																				
18 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art	19 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-HyVee/Aldis 12:45 PM Euchre 2:00 PM Learning Annex	20 8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Group 11:00 AM F-Fitness 1:00 PM Bunko	21 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:30 AM Blood Pressure 12:30 PM Bingo!! 1:00 PM Sheephead	22 8:30 AM Aerobics 10:00 AM Zumba 10:30 AM Ping Pong 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				
25 8:30 AM Aerobics 9:00 AM Footcare 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	26 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 10:00 AM Hookers 1:00 PM Women's Group Social Hour 2:00 PM Women's Group	27 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Group 11:00 AM F-Fitness 1:00 PM Bunko	28 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 12:30 PM Bingo!! 1:00 PM Sheephead 1:30 PM Mystery Book Club	29 8:30 AM Aerobics 10:00 AM Zumba 10:30 AM Ping Pong 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				